

16 DAYS OF ACTIVISM CALENDAR

Did you know that 1 in 3 women globally has faced some form of sexual or physical violence? This number has not changed in more than 10 years—[#ItsNotOK!](#)



WOMEN FOR WOMEN INTERNATIONAL



@WomenforWomenUK

Starting November 25 (International Day for the Elimination of Violence Against Women) and running through December 10 (World Human Rights Day), join us for 16 Days of Activism, a worldwide annual campaign against Gender-Based Violence.

Stand with us by downloading our digital toolkit, adding your voice, and advocating with us on social media each day. Here is our plan:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 Use Your Voice on International Day for The Elimination of Violence Against Women (VAW).</p> <p>Sign our 16 Days of Activism pledge to say #ItsNotOK to normalise violence against women.</p> <p>November 25</p>	<p>2 Share Your Pledge!</p> <p>Let your friends and family know that you are for a world free from VAW using the pledge image in your digital toolkit. Post your pledge on social media and use our banner. You can also make your #ItsNotOK selfie your profile image on Facebook during the 16 Days of Activism to show that you stand with us to say #ItsNotOK.</p> <p>November 26</p>	<p>3 Challenge Yourself for Women Survivors of War</p> <p>Whether you run 5km, do a triathlon or give up something you love for a month, any challenge counts, so get creative! Check out our fundraising page for ideas.</p> <p>November 27</p>
<p>4 #OrangeTheWorld with Us!</p> <p>Orange is a symbol of a brighter future, free from violence against women and girls. Wear orange and raise your voice by posting a video to social media to let everyone know why #ItsNotOK that 1 in 3 women will experience violence in their lifetimes. In your video, nominate 3 of your friends to do the same. See an example in our downloadable social media toolkit.</p> <p>November 28</p>	<p>5 Help Change The World for a Better Future</p> <p>Learn about change agents, women survivors of war and conflict who are transforming their communities and download our worksheet to become a Change Agent yourself.</p> <p>November 29</p>	<p>6 Support #GivingTuesday</p> <p>On this Global Day of Giving, make a donation! Your generous gift to Women for Women International will help support the women we serve to transform their lives. Please encourage your friends and family to donate too.</p> <p>November 30</p>	<p>7 Send a Message of Support to a Woman Survivor of War</p> <p>Fill out a #MessageToMySister and we will translate it and deliver it to one of the women taking part in our programme in Afghanistan, Iraq, Nigeria, Rwanda, South Sudan, Kosovo, Bosnia and Herzegovina or Democratic Republic of the Congo.</p> <p>December 1</p>	<p>8 Take Our Violence Against Women Quiz</p> <p>Test your knowledge on violence against women in conflict zones through our social media quiz.</p> <p>December 2</p>	<p>9 Share Knowledge on Women with Disabilities Facing Violence</p> <p>Women with disabilities face disproportionate rates of gender-based violence. On this International Day of People with Disabilities, we are posting the facts on our social media. Share these facts on social media to say #ItsNotOK.</p> <p>December 3</p>	<p>10 Become Inspired to Take Action</p> <p>Watch our #ShelnspiresMe video to hear the powerful story of a survivor of war and violence and feel inspired to take action for women around the world.</p> <p>December 4</p>
<p>11 Sign up to Volunteer</p> <p>Take action on International Volunteer Day and sign up to volunteer for a cause you care about.</p> <p>December 5</p>	<p>12 Join the Power Up Club</p> <p>For a monthly donation of £7 you will get access to free events, exclusive digital content, opportunities to connect and much more. Most importantly, your ongoing support will help to empower women to break through barriers that impact their lives. Join today.</p> <p>December 6</p>	<p>13 Read a Book to Kickstart Your Activism Journey</p> <p>This inspiration-filled reading list will help you tap into your inner strength and transform the world around you.</p> <p>December 7</p>	<p>14 Hear From Women Survivors of War</p> <p>Read stories from women in our #StrongerWomenStrongerNations programme. Amplify their voices by sharing their stories with your friends and family.</p> <p>December 8</p>	<p>15 Learn Your Human Rights</p> <p>#HumanRightsDay is tomorrow! Learn about the human rights that all women have under international law on our social media. Do any surprise you?</p> <p>December 9</p>	<p>16 Celebrate Human Rights Day</p> <p>Make noise and let the world know that WOMEN'S RIGHTS ARE HUMAN RIGHTS. Change your profile picture to our "Women's Rights are Human Rights" image in the downloadable social media toolkit, and share a photo of a powerful woman in your life to your social media story.</p> <p>December 10</p>	